

Tongkat Ali

Testosterone Support in Mid-Life and Beyond*

Tongkat Ali can be used in older men to help:

- ✓ Support healthy sexual interest
- ✓ Support normal testosterone production / synthesis
- ✓ Support normal healthy testosterone levels
- ✓ Maintain normal free testosterone levels
- ✓ Support general well-being and vitality*

MediHerb® Tongkat Ali contains a clinically trialed and standardized proprietary root extract of the Southeast Asian herb Tongkat Ali, also known as 'Long Jack' or 'Malaysian ginseng'.¹

For centuries, Asian men have used the roots as a popular, traditional testosterone-supporting agent.^{1,2} In Malaysia, the roots are highly valued as a traditional tonic to promote healthy sexual interest and overall vitality and well-being, especially in men who experience a normal age-related decline in energy levels.³ Most importantly, these traditional uses are now supported by evidence in both Asian and American men.

The amount of testosterone in a man's body naturally decreases with age. Levels tend to peak between the age of 25 and 30, but then decline gradually over time. At age 60, testosterone levels may have fallen by more than 50% (see Figure 1) with every-day stress, diet, exercise and sleep also affecting normal levels. Testosterone levels strongly determine levels of sexual interest, mental and physical energy, and general well-being.^{3,4}



M1910 40 Tablets

Suggested Use:

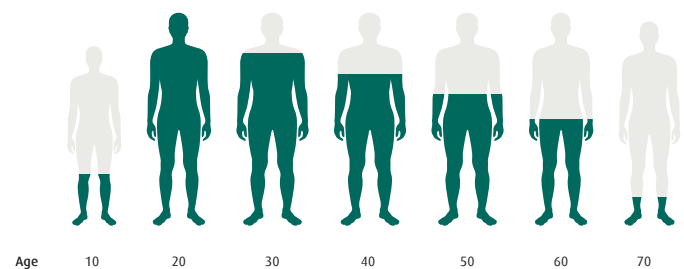
1 tablet 2 times daily, or as directed.

Supplement Facts			
Serving size:	1 Tablet		
Servings per container:	40		
	Amount per Serving	%DV	
Calcium	55 mg	4%	
Tongkat Ali root 100:1 extract from <i>Eurycoma longifolia</i> 10 g	100 mg	†	
† Daily Value (DV) not established.			

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silicon dioxide and hypromellose.

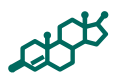
Caution: Prescribe with caution in patients taking propranolol. May reduce absorption and bioavailability of drug.

Figure 1: Normal Male Testosterone Levels in Each Decade of Life



How Tongkat Ali Supports Your Health*

A special, standardized proprietary root extract of Tongkat Ali has been investigated in a number of research studies in Asian and American men aged 40 years and over.⁵ These studies clearly demonstrate beneficial effects in various areas of men's health that include sexual interest,⁵⁻⁷ healthy testosterone levels,^{3,5,8,9} free testosterone levels,^{3,5,8,10,11} overall wellbeing and vitality.^{3,5,6,9,12*}



Supports Testosterone Production and Normal Healthy Testosterone Levels, including Free Testosterone*

Most of the testosterone in the blood is attached or bound to proteins, while only a small percentage remains unattached or "free." However, free testosterone is important in aging men as it is immediately available to the body. Tongkat Ali has been shown to **support normal levels of both attached testosterone and free testosterone levels.**^{11*}

Tongkat Ali supports normal healthy testosterone levels gradually and over time by using the body's own natural processes.⁸ It does this by **supporting the actual production (synthesis) of male hormones** via a complex biological process in the body,¹³ as well as by **supporting the release rate of free testosterone** from its binding state. In this way, Tongkat Ali acts as a "maintainer" of normal testosterone levels.³ Based on two research studies, these effects have occurred after only four weeks of supplementation with 200 mg of a standardized proprietary root extracts in Asian men aged 50 to 70,⁸ as well as older American men affected by everyday stress.^{3*}



Supports Healthy Sexual Interest*

Tongkat Ali contains bioactive substances which are thought to play a role in **sexual interest**. However, this interest is also dependent on normal healthy testosterone levels,⁹ including free testosterone.¹¹ Tongkat Ali conveniently supports both when taken at a daily dose of 200 mg for four to twelve weeks.^{3,6*}



Promotes Well-being & Vitality*

Tongkat Ali is considered to have a remarkable potential in **supporting male vitality**.⁵ Moreover, it supports a sense of **overall well-being** in mature men, either when taken alone³ or when combined with a multivitamin.^{14*}

References

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Please consult the product packaging label for the most accurate product information.

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